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FRIDAY, JUNE 26, 1914.

The way to keep the few from or-

With a Single Thought.

When they read Perkins out they must read me out, too," is the Colonel's reply to Amos Pinchot's appeal for the expulsion of the cash register of the Bull Moose party. It is true: Perkins and Roosevelt both believe in private monopoly regulated by the government. They are in perfect harmony. To condemn one is to condemn the other. Besides, Perkins furnishes the cash to back the Colonel's talk.

Amos now knows that money talks to more effect than oratory and that as the Colonel's threat is sore he is less able to do without Perkins than anything.

Now for Work.

The Richmond School Board has pulsory education for Richmond be digested convictions. The dema-November. Under the law, it must not as pervasive as he was in the fig-

Now let's get busy. The School Board should lay plans for a campaign of education; the Principals' League, which has taken great interest in the question, should do the same; business organizations in Richmond have a great opportunity to your personal or business matters do a big thing for the city by getting behind the move. Information right and privilege to yourself. and agitation! That is what is needed to make the campaign a success,

Complaint is made that the Balkan War gave us the blouse while the Mexican trouble has given us nothing. Not even a headache?

High-Class Baseball Up to You. Public indifference is the only thing that can prevent AA class of baseball in Richmond within a few

If the people of Richmond want the Baltimore Club of the International League brought to Richmond. and, if there are business men in

That is the answer to those who for various reasons, more or less selfish, are belittling an attempt of progressive men of Richmond to do something big for Richmond. That is the answer to the doubters

Come to the big mass-meeting this afternoon and hear for yourself the proposition to which you are asked

# It's Colombia's Business.

From Republican sources comes prove contrary to his expectations. the startling revelation that the Colombian government is awaiting with keen anticipation the payment to it by the United States of a large sum of money. By a queer freak of logic dean of the University of Pennsylthese pleasurable anticipations are vania law school, suggested recently held to weaken, if not altogether to to the commission on industrial repaid the money.

country will, we believe, agree that gation of their settlement. The only the United States owes the money to Colombia because it did something Colombia because it did something name. The idea is that of arbitrathat a great nation should not do to tion, combined with mediation and a relatively insignificant one.

What Colombia proposes to do well-established doctrines. with the money is emphatically her | It is not very hazardous to predict business and none of ours. It is that within a very few years we shall quite possible that some Colombian have in this country some such maofficials will become richer than be- chinery as Dr. Lewis suggests for fore the money was paid. The han- the handling of industrial differences. bears. dling of public money has been Certainly America cannot go on inknown to enrich officials of much definitely subjecting the fabric of of Central America.

A Triumph of Diplomacy. When the offer of mediation he- more complicated. tween the United States and the Already there are evidences that Huerta government was made by the public sentiment is growing intolerthree South American nations and ant of expensive methods of adjustaccepted, armed forces faced each ing these disputes. Criticism rains

or war hung by a thread. Niagara Wednesday night war be- gets busy and makes its demand for tween the United States and the peaceful settlement unmistakable. tween the United States and the Huerta government was all but impossible, and the great aim of the United States—the peaceful elimination of Huerta—was all but accomplished.

The exclusion of the Linguistic formula of the United States—the peaceful elimination of Huerta—was all but accomplished.

The exclusion of the Linguistic formula of the Linguistic

The mediators found a defiant fluerta; they take a recess with headline. Huerta's promise to resign as soon as a provisional government can be greed upon. They found war im- Turkey stew in Greece. minent; they leave with peace still

The Times-Dispatch the existing government removed. They began deliberations in the midst of international chaos; they end deliberations with the situation clearer and peace conferences between the opposing forces in Mexico in

progress. And all in two months. The impatience shown in some quarters over the trend of affairs at Niagara has been due to a misunderstanding, to too high expectations, to desire for intervention. Many have misunderstood the purpose of the conference; many have fatuously anticipated a sudden cutting of the Gordian knot: niany have criticized because, not peace, but war has been their desire.

The purpose of the conference was in the beginning to adjust the differences between the United States and the Huerta government. These differences have been adjusted by the submission of Huerta. In every inion has taken a wider scope, and to settle the internal difficulties of Mexico. That has not been done, but bers of our Administrative Board the road has been opened by the should be nominated in a Democratic sanizing and controlling the election the road has been opened by the is for the many to vote. agreement of the two factions to meet and discuss terms. This in itself is a triumph of diplomacy.

It all may, however, come to nothing, for Villa may capture Mexico City before agreement can be reached. But that, after all, may be the better way. We have dealt with Huerta through mediators and have gained our, ends; we will then deal with Villa through mediators, if Villa be willing, and, though we are not out of the woods, we have accomplished much, and we have kept out of war. And that was the purpose of mediation.

Kicking after election never helped

#### Decide for Yourself.

Politics grows purer, government grows stronger in this country berequested that the question of come cause increasingly voters reject presettled at the general elections in gogue peddling "canned" opinions is urative yesterday. That principle ought to apply in the contest which. Virginia must settle as between local option and statutory, State-wide prohibition.

You wouldn't for an instant let a stranger, however friendly, decide for you. You would reserve that

No more should you let strangers. outsiders, hand you labeled and and these are the people who do the work. The Times-Dispatch pledges its loyal support.

Outsiders, hand you labeled and nicely molded convictions as to the wisdom or unwisdom of undermining the genius of local self-government in this State. and these are the people who do the nicely molded convictions as to the

Distinguished men have already come here, telling you why you should overrun the usages of many a decade. It is all right to accept what these men say for what it is worth. But you need to keep uppermost all the time the remembrance that it is you who must live under whatever law is passed; you who must endure the hypocrisy that played. so often lurks in the trail of fiat prohibition; you who must see law wantonly violated because local sentiment banks. Richmond who want it enough to subscribe toward the purchase of a half interest in that club, it can be done.

The does not believe in it nor see its justification; you who must suffer the harvest of prejudices engendered and that it is disgusted with the methods of acceleration that have been passions inflamed, long after these used to exploit it. distinguished visitors have returned T

to their own buildwicks Let us have all the light possible on this subject from people at home and from those abroad. Let us listen with receptive mind. We need light, for the issues involved are not sentimental, but political, economic, moral. But whatever happens, let the individual make his own verdict He will then run little chance of beerners want his opponent elected. The ing stampeded by emotion or swamp-Northerners reply: "Glad to hear it, ed by sentimentality. He will have What's the gentleman's name?" no cause to attach responsibility to any one but himself, if the results spiracy"

Subscribe to the tee fund

Arbitration After All. William Draper Lewis, former nullify, Colombia's moral right to be lations the creation of a capital and labor court, for the investigation of The sober-minded people of this industrial disputes and the promulcompulsory publicity, all of them

more important republics than those business to such strains as are placed on it in Colorado, strains which may be duplicated at any time and place. summer revolution in Hait! The sinister feature is that the danger of repetitions of these affairs on an ascending scale become greater as our industrial system becomes

other down at Vera Cruz, and peace on Colorado, and on the principals to that situation. When strikes When the protocol was signed at threaten in the East, public opinion

headline. Has the prohibition move-ment reached even to him?

reigning and the cause of war with "Mr." Munsey feels better.

### Wayside Chats With Old Virginia Editors

"What if Huerta, the day he gets inander of the Federal troops facing General Funston's soldiers at Vera Cruz to attack the American out-posts?" asks the Petersburg Index-Ap-peal. What if the sun should fall on the American fleet and burn it up?

ays Dr. Anna Shaw, "and many of them are not even willing to let it go them are not even withing to let it go at that," adds the Norfolk Ledger-Dispatch. Not having rad any experi-ence, we don't know. What say the other henceked editors of the State?

"We can see no sense, but a big bunch of nonsense," says the Newport News Times-Herald, "in drawing the party lines in every election held in this city, notwithstanding that the issuce involved are merely and entirely submission of Ituerta. In every in-stance this government has won its State or national politics." It is not point. But with organization media-surprising that the Times-Herald can see no sense in it; there is none, and nobedy contends there is any. The efforts were made to bring about municipalities just do it because they peace between Federals and rebels do it. That's the only reason we have ever been able to find for it. Can any one give any other reason why primary, which is equivalent to an election? Unless Republicans and Prof gressives and Socialists vote in a Democratic primary as they should have no right to do, they will be disfranchised; they will have no voice in the election of city officials.

Good for Pulaski! "It carried," says taski will have a fine new up-to-date high school building. The move has placed our city, in the eyes of the state, as one of the progressive cities

The Fredericksburg Daily Star is urging all veters to go to the polls on July 16, when a State Senator is to be chosen to fill the vacancy caused by the resignation of R. C. L. Moneure. "The extra session of the General Assembly," it says, "will be a most inspectable one as our tay laws will be portant one, as our tax laws will be revised, and every Democrat should take part in the primary." The Times-Dispatch does not hesitate to add its word to that of the Star, for the whole State is interested in having in the State Senate the best men, and they will not be secured unless the voters take interest in the matter.

Says the Appomattox Times-Virginlan, commenting upon the defection of Champ Clark and Oscar Underwood: And alas! the bad example of these brilliant men has become contagious. Democratic Senators of Maryland are quareling over patronage and upon the same rock the hopes of the Democrais of the Ninth Virginia District may be wrecked. What fools we mor-tals be. Shall the old story be repeat-ed and those whom the gods wish to destroy they first make mad?"

Virginia voters are backing Wilson

#### THE PUBLIC PULSE Editorial Expressions from Leading

Newspapers.

Overplaying Calamity. The calamity game has been over-

It has been overplayed by the rail-It has been overplayed by Wall It has been overplayed by the It has been overplayed by Big

The American people are not fools, f their noses to spite their faces. They are not given to burning down the barn in order to get rid of the rats weeks ago there was a strongly in-reasing sentiment that government was pressing too hard upon business, and that a breathing spell was de-sirable. Public opinion in general favored the railroads in their plea for a 5 per cent increase in freight rates. It favored the postponement of the antitrust bills until the short session of Congress. There was general sympathy with the great corporations in their petitions for a true. That sympathy has been largely dissipated. That sym We doubt if there was any "con biracy" such as the President sus pected; but there was certainly too calamity-too many mimeographed letters, too many form telegrams, too many protests framed in identical lan-guage, too much proof that one direct-ing mind had instigated the whole ampaign, too much evidence of a effort to bluff the President, he Congress and the country.
Such methods are likely to defeat
hemselves, and in this case the defeat

decisive .- New York World.

are denounced by the President A criminal conspiracy is what this big Democratic President calls the attempts of the money power to fasten burdens on the people by the cry of the resident and "lumparing creat". depression and "impaired credit."
That is true democracy. That is true citizenship, whatever party label it bears.—Kanras City Star.

Why T. R. Won't.

New York Progressives are hoping against hope that Mr. Roosevelt will consent to run for Governor, but they take no account of the large plans he has for the future. The vote cast by the Urogressives two years ago was stargely the result of wrath at the methods of the Chicago convention, but even the heat of that was not enough to give them victory in New York, To-day their chances of carrying the State are far slighter than they were in 1912. Mr. Roosevelt would probably be deteated, and that would impair his prestige as a presidental candidate two years hence.—Philadelphia ake no account of the large plans he

On Lincoln Highway

President Wilson's Indorsement he plan to include Baltimore Washington in the route of the Lin

"Mint Superintendent Resigns," says should extend below Mason and Dixon's line. Not only have the old sectional hatreds disappeared in this country, but the South's view of Lincoln has suffered a notable transformation. No Lincoln memorial that was a sectional memorial wholly could typify ade-quately to the world this reunited nation's appreciation of the martyred covery .- Washington Post.

# Voice of the People

"Antl," in your issue of June 24, acsuffragists of England cuses the suffragists of England and Virginia Suffragists and the Militants. To the Editor of The Times-Dispatch: Slr.—A writer, signing himself America of double dealing—namely, of passing resolutions deploring militancy, while "secretly excusing violent meth-ods, and almost adoring Mrs. Pank-hurst."

Now suffragists endeavor to be nothing, if not just, and, therefore, I give the writer the benefit of the doubt, and attribute to him, not a wilful intention of maligning us, but sim-ply a lack of proper discrimination as to the various attitudes of mind possible towards Mrs. Pankhurst and her methods

The Bishop of London, speaking re-cently at Queen College, London, ex-pressed very clearly the attitude of the great majority of suffragists to-wards her, when he said, "I admire the courage and self-sacrifice of these wo-men, even though I regret the prison men, even though I regret the misan plication of the most beautiful quality of human nature."

Thus we can with absolute sincerity

deplore militant methods, and yet admire the qualities—so tragically misdirected—and this, too, without the slightest necessity for secrecy.

A SUFFRAGIST. Richmond, Va., June 24, 1914.

Taft's Wretched Taste To the Editor of The Times-Dispatch: Sir,-I notice that every time exresident Taft makes a public he never falls to find fault with Presi-dent Wilson. So far as I can remem-ber, Andrew Johnson, Theodore Roosevelt and William Howard Taft are the only ex-Presidents who have broken the precedent of a dignified retirement by assailing their successors in office. In the case of Mr. Taft, it is certainly finding, it is ridiculous. When we come to Teddy, the explanation is easy, Calamily howling is the only way to discredit Wilson, and, as his strength with the people must be destroyed hefore the Roughrider has any chance of re-entering the White House, he is on the job early and late. But no one expects a disputed retirement on his expects a dignified retirement on his political board every time, and nother part until he receives another defeat ing is so dangerous to public health for the presidency.

part until he residency.

DUVAL PORTER. Cascade, Va., June 24, 1914.

Mrs. Pankhurst.

To the Editor of The Times-Dispatch;
Sir.—"Anti" and "Another Anti"
have probably talked with few suffragists if they find them to sympathy with Mrs. Pankhurst. one, am not. She merits a life sentence, and if she wants to starve herself, let her starve. She is either a criminal or a lunatic. In either case, she belongs in confinement

UNATTACHED SUFFRAGIST. Richmond, Va., June 25, 1914.

To the Editor of The Times-Dispatch Sir,—Petersburg is waiting to wel-come Richmond to the rank of procities, but we expect to wait entiment in Richmond for education to pass a compulsory education law.
Besides, those who believe in it, the
"good citizens," can't vote, so what
are they going to do about it?
COCKADE CITY.

Petersburg, Va. Lyng 25, 1914.

Petersburg, Va., June 25, 1914. Their Own Fault. To the Editor of The Times-Dispatch: Sir,—Providence is to blame for the heat, and Providence sends the breezes.

The people of Richmond are respondent for the dust in the streets; shouldn't they suffer?

RESIGNED. Richmond, Va., June 25, 1914.

## The Bright Side

gain wealth and fame Galore, because of it.

And yet 'twould die, there is no doubt Did publishers but o issue every sheet A word of baseball news!

Just the Book for a Cat A book agent for an encyclopedia was one day proceeding along a road when he observed on the porch of house near-by, a possible customer. When he had gone up and exchanged house near-by. greetings with an old gentleman who was slowly rocking himself on that porch, he produced his wares and de-livered himself as follows:

'Here's just the work to read to your wife as you sit on the porch these fine I don't read an' I ain't got any

fe," said the old gentleman "But perhaps there—are—o haps there are children." the agent. "Now this

There ain't any children. There's nobody here but me and the cat."
"Then," persisted the agent, "It may be that this volume is just the thing. Don't you ever want a good, heavy book to throw at the cat now and book to throw at the cat then?"-Pittsburgh Dispatch.

Matter of a Commi 'Bill," the poet gasped, staggering On Thursday last there was a se-

"Wroug." the poet muttered. "Ye nightfall.

gods! I wrote a poem about my little
boy. I began the first verse with these lines:
"'My son! My pigmy counter-

The poet drew a long breath as he took a newspaper from his pocket.
"Read?" he blazed suddenly. "See what that criminal compositor did to

The friend rend aloud: part"-National Monthly.

### **SPARKS**

It is conceded that between fights

Peace policies must be contagiou

Turkey and Greece have about agreed not to fight.—Chicago News. It might be easier to get harvest hands if the farmers would issue pos-ters as attractive as those used by the army and navy .- Washington Star.

It must irritate Henry Ford and Tom Edison to read that Mount Lassen re fuses to give up smoking .- Columbi When a girl marries she imagin

honeymoon.-Atlanta Journal. Following the fifty sermons preaches

that the world is eclipsed by her

# Dr. Brady's Health Talks

The Unwieldy Board of Health. A doctor in private life or a group doctors will be given the entir trol over the patient's welfare. If it is decided the patient requires an operation, or a visit to some health re-

or a rest from work, or a change of bad habits, the doctor's word is law; his decision is final in the matter.

Not so when the health of a community is at stake. In that case, the doctor is not quite competent to de-cide what is good and what is bad for the public health. He has to have a board of lay advisers to keep him from

naking mistakes.

If an epidemic develops in the community, the people demand experiganitary advice; they do not act upor advice of a nonmedical board of the advice of a nonmedical board of health. Yet the expert sanitarian— the health officer—cannot proceed with his work of fighting the epidemic without the sanction of his board of shoe clerks, undertakers, merchants or whatever they may be.

Origin of the Board of Health.

In ancient times, when the principal

of the health department the disposal of "nuisances"—that is, things which had an unpleasant odor laymen knew about as much as doc laymen knew about as much as doctors did regarding public health. Hence the board of health had an excuse for its existence. To day the average lay member of a village or city board of health is about as ignorant of modern sanitation as a man can be, yet he presumes to pass upon the work of the health officer. The air of dignity assumed by a member of the hearth of the suned by a member of the hearth. sumed by a member of the board of health is in keeping with the purpose of the board—to keep the doctor from making mistakes. The board meets at stated intervals, hears the health ofby assailing their successors in office, stated intervals, hears the health officer's report, and O. K.'s or vetoes his in wretched taste for him to criticize propositions, as it sees fit. Nothing President Wilson, for, if we ever had a presidential failure, it was Mr. Taft, and this of itself ought to keep him and this of itself ought to keep him from putting in practice the fluiding. It is relievable when wedern scientific principles that have modern scientific principles that have modern, selentific principles that have made sanitation the wonderful pro-phylactic it is to-day. The board, in short, forces the health officer to be short, forces the health officer to be an old-fashioned stand-patter, even if he would naturally prefer to be a pre-

Worse yet, the health board in ;

### Questions and Answers.

A. J. H. asks; Kindly state how long typhoid prophylaxis protects of was "inoculated," August, 1912. When should I have it done again, in order to be on the safe side?

Answer-It is as yet too early to say how long the typhoid-bacterin pro-tects against typhoid fever. It will probably vary in different individuals, just as cowpox vaccination against smallpox does. Three years, however, may be considered a minimum time.

D. M. C. writes: Please advise me the best you can about my case. I have water-brash, sour stomach, distressed feeling, sick headaches, pains in back of neck. I am forty-four years old, and feel the worst when I years old, and feel the worst when I first get up in the morning. I sleep out all the time and drive a great deal Have something in my throat all the time that I can't swallow. When I stoop over I have to cough.

Answer-Some morning soon, when you get up feeling pretty bad, drive to the nearest reliable physician and tell him you were referred to him for advice by another physician wi couldn't do a thing for you by mail.

Brady will answer all questions pertaining to health. If your question is of general interest it will be an-swered through these columns; if not answered personally if stamped, addressed envelope is in-closed. Dr. Brady will not prescribe individual cases or make diagnoses. Address all letters to Dr. Willi Brady, care of The Times-Dispatch. William

# What Was News Fifty Years Ago

From the Richmond Dispatch June 28, 1964. Yesterday, for a wonder, passed away without even a startling rumor connected with military operations.

General Lee reports officially that he raiders who have been operating on the Richmond and Danville road. and trying to cut that thoroughfare to and from the South, have been defeated at all points and put to rout. The ad is now operating to Danville, and thence by the Piedmont road to Greens-boro, and by the North Carolina Cen-

General Hunter, the raider, who has seen trying to capture Lynchburg, has been signally defeated, and in his hur-ried retreat destroyed vast quantities of stores and ammunition to keep them from falling in the hands of the Con-

federates. The enemy fired no shells Petersburg yesterday. It may have been because it was Sunday, and they Scouts captured yesterday say Gen-eral Grant has caused the word to go forth to all departments of his army that the real fighting is at an end, and the siege of Richmond has now be

into his friend's room.

"Why, what's wrong?" the friend inquired, startled as he grasped hold of Wilson's men and Colonel Dearing's The enemy was repulsed about

The Mayor heard twenty cases in his court yesterday morning, and fifteen of them were charges against people for stealing things entable. In these hard times the Mayor, as all other judges should be, is merciful to such

Again all kinds of provisions have This advance cen advanced in price. is not due so much to the searcity of the grasping

methods of the extortioners. A terrific thunder-storm yesterday afternoon and a tremendous down-nour of rain broke the long-continued drought. It is to be hoped that more rains are to follow, for the parched earth has not received enough, and then rainy weather keeps the armies quiet, and the horrible fighting and killing at a minimum.

A Shower in the Night. (Written for The Times-Dispatch.) The throbbing thunder has shake The dew from heaven's flow The thirst of earth to slaken

The darkness of night is sounding song of the raindrop fays, For through the leaves rebounding They sing their humid lay: The parched cups of thirsly flowers

In depths of nocturne hours

On yellow plains and woody banks Look up to greet the cooling showers And breathe a vote of thanks. GEORGE WEST DIEHL. Discouraging Information

in Fhiladelphia last Sunday on health, we are glad to state that most of the hearers are well on the road to re-And I lent a geologist \$10 yesterday!-Grit.

# INTERESTED SPECTATORS

ONE OF THE DAY'S BEST CARTOONS.



From the Philadelphia Public Ledger.

#### Ventilating the Lnngs BY LILLIAN RUSSELL.

You have noticed, perhaps, that while you are taking your deep breathing exercises you are inclined to yawn, and many deep inhalations end with a yawn. You will say probably, "deep breathing makes me sleepy." That is not true, although deep breath-The act of yawning is ventilat ing the lungs and is exceedingly beneficial to health. In some cases the lungs never become filled excepting by a yawn. For the lungs are never fully extended by ordinary breathing, nor are they ever thoroughly emptied by ordinary respiration. by ordinary respiration.

Deep breathing drives out the "residual air" and allows fresh hair to take its place in the lungs. If one does not ex-ercise deep breathing, yawning is the proper respiration. ultivate yawning rather than repress Open your mouth wide and take a long, deep breath that will cause yawn, and yawn fearlessly for a few noments. You will be refreshed im-nediately; your lungs will become ventilated; will surge through your head; you will hear and see more clearly. Valves and air chambers will be stretched open, and the fresh air will enter and drive out the foul air. Babies yawn a great deal, that is see only way they have for emptying and filling their little lungs properly.
Of course, it is considered impolite
to yawn in the face of people, and nature has strangely arranged a quick response to the act. Therefore, yawn-ing parties are not uncommon; they never end sadly, for they are most ex-hilarating and always end in a laugh.

Remember: Do not fear to yawn; the lungs receive ventilation which they might be denied by repression of the act. Health is more necessary than politeness in this case.

## Lillian Russell's Answers.

Working Girl: I certainly would advacation in the country. There is nothing more beautiful than the country, with plenty of fresh air, quietness and wholesome food. I cannot give you the name of a place to go through this column, but there are hundreds of places around small inland lakes where a girl may go and flud rest and quiet for a few weeks without spend-ing a great deal of money. It is not necessary to go to a summer resort where there is dancing, parties, etc., to have a good time. A girl is much bet-ter off without these pleasures if she goes away for a rest. She wants to return to her work feeling rested enough for another year's work—and not more tired than when she left for her vacation. It is not necessary for you to take & great many clothes. One of two light dresses for afterneon wear, a pair of slippers, a good pair of high shoes with comfortable low heels for tramping, a dark skirt, two or three blouses, and plenty of underwear to Nottoway last through your vacation. That is all that is necessary. If there is bath.

> Miss E. A. K.: A skin food will not remove blackheads. Blackheads are nothing more than clogged pores, and these pores must be thoroughly cleansed to remove the blackheads. Blackheads sometimes are caused from indigestion, but more often from lack of care of the face. Each night the face should be cleansed thoroughly. Never go to bed without first removing the dust and dirt on the face First. ing the dust and dirt on the face. First use a good cold cream, then wash the face with warm water and a good soap. Scrub the face with a com-plexion brush. This removes more dirt from the pores than a wash cloth. Don't be afraid to use plenty of soap of soap and water. Rinse the face with warm water, using cold water last. The cold water closes the pores and makes the flesh firm. If you will send me a stamped, addressed envelope I shall send you a formula for hair curling fluid and the green soap treatment for blackheads.

> M. J.: Here is the formula for the French tonic for eyebrows: One ounce of yellow vaseline and eight drops each, of lavender and rosemary. After washing the face, smooth the eyebrows carefully with an eyebrow brush upon which a drop of the tonic has been placed. Vaseline is one of the best ap plications for short, scant lashes. Melt a little of the vascline, dip the point of a tiny camel's hair brush into this, and rub gently along the roots. Apply the vaseline at night. Be careful that not the slightest particle of the vasethe signtest particle of the vase-line enters the eye, as oil irritates it. Yellow vaseline is one of the best hair-growers I know. The tonic is for your brows, but do not use it on your lashes. You will need only the yellow vaseline on them.

Dr, Diet BY JANE EDDINGTON.

tention to the influence of food says that any remedy not directly harmful will effect 60 per cent of cures, and will effect 60 per cent of cures, and that 80 per cent of all cases of illness get well of their own accord, no mat

ter what may be done for them or not done for them. Here is certainly support for the betief that it is what we eat that re-stores us to health mainly when we are ill, and that the human body is wonderfully ingenious, given half a chance. The person who is not well, if he has any judgment at all, usually takes simple foods or fasts for a time, when almost any food will be so welcome as to be wonderfully effective.

It is a great question just now as to where food facts or knowledge of foods leave off and medical facts begin. The truth is that they overlap so far that the doctor and the dictitian work gether absolutely to the same e with equal interest in all manifes tions in a patient, whether normal tions in a patient, whether normal or abnormal. The doctor can diagnose The doctor can diagnose and can tell just what is happening because of his knowledge of human anatomy, etc. The dictitian can prescribe because of a knowledge of food

effects in the human system.

How absurd it is then to think that a hard and fast line should be drawn between the work of these two and between these two sets of facts. neither ought to have any monopoly of any of the facts which pertain to health.

"That is a scientific fact, so I would know nothing about it." recently re-marked an up-to-date and able busi-ness man who is very near to the busiphysique of men of very high mental

Scientific men, too, are terribly afraid of overstepping bounds someaid of overstepping bounds some-es, as though each group of selen-tacts was a little isolated realin by itself and outside the bounds Working Girl: I certainly would advise any girl who works the year dent of foods sometimes stops just around is an office or store to take her short of making the valuable connecting link between the chemical analy sis of foods and their chemical be-havior when eaten, saying that this belongs to the realm of medicine. But the owners of facts as well

things are the ones to enlarge but now one of common everyday's knowledge, that the worst kind of dirt in milk could not be strained out and some kinds that can be leave all the offects of their former presence behind. Sanitary law has enforced a knowledge of such facts, and the most unlearned person in a reputable milk service cannot disregard them.

service cannot disregard them. It is a scientific fact growing into a common one that typhoid fever germs present in the clearest water in the fattest oysters, and in that they can be carried in numerous ways. Milk dealer community, and ways. Milk dealer community, and businesses of many sorts are forced to understand this, and the are being compelled to learn

There are scientific facts about common everyday eating which at present the most numerous agencies are striving to make common, some of them di-rected by that more or less compelling agent of law. You are just putting off the day if you refuse to accept them

the day if you refuse to accept them now. Some business interests are fighting them tooth and nail.

When it is a matter of health a large number of people will still say: "Leave it to the doctor. That is his business." Here they are quite mistaken. The main business of the doctor has always been disease. It is departures from health that he studies. It is when they have diseases that people to to him. The world's record and common practice show this. He is more or less of a philanthropist if he is deor less of a philanthropist if he is de-voting himself to the prevention of

disease The diseases on the increase to-day are those which need the constant at-tention of Dr. Diet. Dr. A. or B. or C. tention of Dr. Diet. Dr. A. or B. or C. may co-operate with him, but since personal habits are what he must look after, he has the main work to do. Rheumatism in all its manifestations, cirrhosis, arteriosclerosis, diabetes, Bright's disease, cancer, and even insanity—the "over forty years of age" diseases—are mainly or entirely due to long-continued had personal settles. diseases—are mainly or entirely dua to long-continued bad personal eating habits, and they are on the increase, while deaths from some of the bad sanitation diseases have decreased

wonderfully. The late Mayor Gaynor is credited with this criticism of a novellst who began with promise and became us "best seller."

"How did he start in to write?"

"With a wealth of thought."
"And how has he kept on?" a thought of wealth."-Wast

ington Star.